



# NCARNG Weekly Safety Newsletter



June 19, 2015

## North Carolina State Safety Office Contacts

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Visit us at [NCGKO](#)  
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For more Safety  
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## Swimming Safety



Tragically, drowning is the second leading cause of accidental death of American children ages 1 to 19, and most of those deaths occur in residential pools. Many deaths from drowning are preventable by following basic safety rules for swimming in pools and natural bodies of water.

### LIFEGUARD



#### Swim Only When a Lifeguard Is on Duty

When swimming in bodies of water other than residential pools, swim only when a lifeguard is on duty and in areas designated for swimming. All swimmers should respect the rules for swimming in a given environment and follow the directives of the lifeguard.

#### Never Swim Alone

As tempting as it may be to catch some time alone in the backyard pool, deserted lake or ocean, do not do it. Accidents happen even to young, strong, healthy individuals who are good swimmers. Always swim with a buddy in a residential pool and with a lifeguard present in any other pool or body of water.

#### Supervise Children

Children should never be allowed to swim unsupervised by adults anywhere. Drowning can happen quickly and silently in as little as 2 inches of water. Adults who are supervising children should remain alert, vigilant and never turn away or get distracted, not even for a moment.

#### Do Not Swim During Thunderstorms

Never swim during a thunderstorm. Follow lifeguard instructions for exiting the pool. If swimming in a residential pool, exit the water immediately when you hear thunder.

#### Make sure you can see the bottom drain.

If you can't, the water is probably not clean enough to swim in. If you're not sure, check the quality of the pool water yourself. Purchase testing strips at your local hardware or pool specialty store.

#### Don't swallow the pool water.

Germs like Crypto, norovirus, and E. coli may be in the water. Usually, the chlorine kills all germs, but to be on the safe side, keep the water in the pool and out of your mouth.

#### Avoid Diving Headfirst

Do not dive headfirst into shallow or murky water, or water of uncertain depth. Diving in shallow water can cause injuries and drowning. Diving into murky water such as ponds, quarries or lakes without knowing the depth or underwater environment is dangerous. Rocks and other objects in the water pose hazards. It is best to enter the water feet first.

#### Refrain From Horseplay in the Water

As fun as it is to swim with friends or family, refrain from horseplay such as dunking, hanging on to someone or allowing them to hang on to you while in the water. Horseplay can lead to injury while in the water, thus increasing the risk of drowning.

#### Use Proper Flotation Devices

The American Academy of Pediatrics warns that inflatable toys, rafts, air mattresses and water wings should never be used as lifesaving devices for children and that only life jackets and life preservers approved by the U.S. Coast Guard should be used. Always wear an approved life jacket when boating, even close to land.

\*\*For more information visit <http://www.livestrong.com/article/238574-10-safety-rules-when-swimming/>







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### Too Much Can Make Us Sick

Eating too much added sugar doesn't just expand our waistlines. Heart disease. Diabetes. These chronic conditions are among the leading causes of death worldwide. Increasingly, scientists are focusing on a common set of underlying metabolic issues that raise people's risk for chronic disease. It turns out that the long-term overconsumption of added sugars is linked to many of these dysfunctions.

### Sugar-Sweetened Beverages

Over time, too much liquid sugar can lead to serious diseases. Liquid sugar, such as in sodas, energy drinks and sports drinks, is the leading single source of added sugar in the American diet, representing 36% of the added sugar we consume. In fact, drinking just one 12-oz can of soda per day can increase your risk of dying from heart disease by nearly one-third. Other studies show that people who drink one to two sugar-sweetened beverages per day have a 26% higher risk of developing Type 2 diabetes, compared to people who drink less than one per month.

When we drink sugary drinks, our bodies respond to that blast of sugar by producing triglycerides. Some of those fat globules will be stored in the liver; others will be exported into the bloodstream and, once there, may end up lining our arteries, putting us at risk for a heart attack.



### The Toxic Truth

Too much fructose can damage your liver, just like too much alcohol. There is growing scientific consensus that one of the most common types of sugar, fructose, can be toxic to the liver, just like alcohol. Fructose is the sugar that makes fruit taste sweet. For most people, there's nothing wrong with eating fructose in its natural state, in fruit. But today, manufacturers extract and concentrate the fructose from corn, beets and sugarcane, removing the fiber and nutrients in the process. Getting frequent, high doses of fructose throughout the day, without fiber to slow it down, is more than our bodies were designed to handle.

### Hidden in Plain Sight

Added sugar is hiding in 74% of packaged foods. We tend to think that added sugar is mainly found in desserts like cookies and cakes, but it's also found in many savory foods, such as bread and pasta sauce. And some foods promoted as "natural" or "healthy" are laden with added sugars, compounding the confusion. So, even if you skip dessert, you may still be consuming more added sugar than is recommended. There are at least 61 different names for sugar listed on food labels. These include common names, such as sucrose and high-fructose corn syrup, as well as barley malt, dextrose, maltose and rice syrup, among others.

### How Much Is Too Much?

For most people, experts agree that some added sugar in the diet is fine. But the truth is, most Americans are consuming way too much — on average, nearly 66 pounds of added sugar per person, every year. This could be affecting us in ways that make us prone to craving more sugar and to obesity. The American Heart Association (AHA) recommends no more than 6 teaspoons (25 grams) of added sugar per day for women and 9 teaspoons (38 grams) for men.<sup>1</sup> The AHA limits for children vary depending on their age and caloric needs, but range between 3-6 teaspoons (12 - 25 grams) per day.

\*\*For more information visit [www.sugarscience.org](http://www.sugarscience.org)